

GULF DEFENDER



Vol. 64, No. 41

Tyndall Air Force Base, Fla. Home of Air Dominance Training

Oct. 14, 2005

In brief

Pumpkin Patrol

The Halloween Pumpkin Patrol needs volunteers. The patrol helps to ensure a safe Halloween for base housing residents. Those interested should contact Tech. Sgt. Alijhondroe Wiley, 325th Security Forces Squadron, at 283-2558 or e-mail alijhondroe.wiley@tyndall.af.mil by Oct. 26.

PHA lab tests

The 325th Medical Group Clinical Laboratory Services hours recently changed in order to better support the new active-duty appointment system that replaced sick call. Patients should note that lab test requirements for physical health assessment appointments are coordinated through the primary care manager and must be processed during regular duty hours when the provider is available. For more information, call Maj. Rose Cantu at 283-7430.

What's inside



Tyndall firefighters are 'courageous crusaders'
... PAGES 12-13



Staff Sgt. Jason Rosenbaum

Geared up

Avery Walters, left, Ayanna Williams and Lillian Smith sit aboard a Tyndall firetruck Monday in front of Tyndall Elementary. The firetruck was there as part of a demonstration put together for Fire Prevention Week. The children were given a chance to check out the gear on the truck as well learn how to safely escape a house fire.

Gas shortage sparks electricity conservation

2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

(Editor's note: This is the second in a four part series highlighting how Tyndall personnel and residents can help conserve energy and help Tyndall avoid costly energy premiums.)

Electricity. Most Americans couldn't live without it in these days of high-tech computers, sophisticated appliances and TV dinners. However, the luxury of having electric power can come with a shocking price.

A portion of Tyndall's electricity is provided by natural gas-fired power production plants, and due to the sky-rocketing natural gas prices caused by the recent natural disasters, cutting back on electricity here can help Tyndall avoid paying costly energy premiums.

One way base housing residents can help is by using their major appliances during off-peak hours, according to Gil Walker, 325th

Civil Engineer Squadron energy and utilities manager.

"Operating major appliances such as dishwashers, washing machines or dryers during peak hours of the day costs Tyndall approximately four times more than off-peak hours," he said.

Off-peak hours are early morning hours before noon and after 9 p.m. Monday through Friday until November. After Nov. 1, off-peak hours are from 10 a.m. to 6 p.m. until March.

Residents can also help by reducing the amount of air conditioning they use, said Mr. Walker.

According to the Gulf Power Web site, air conditioning and heating accounts for 45 percent of a home's energy costs. The national recommended temperature setting is 68 degrees for heating and 78 degrees for cooling, and the cost of operating an air conditioner increases significantly with each de-

gree the thermostat is lowered.

The 325th CES has already set thermostats between 76 and 78 degrees in all Tyndall facilities, and they recommend people do the same at home. Fortunately, cooler months are ahead and air conditioners may be needed less often.

But while most people are aware of the importance of saving energy on heating, cooling and water heating, the energy consumed by refrigerators and freezers is often overlooked. Next to air conditioning, the fridge is usually the single greatest drain on electricity, according to the Gulf Power Web site.

One way to check how well a refrigerator is working is to place a piece of paper or a dollar bill between the refrigerator and the door as it's closed. If the paper can be moved freely from the door, the gasket is

● SEE ENERGY PAGE 17

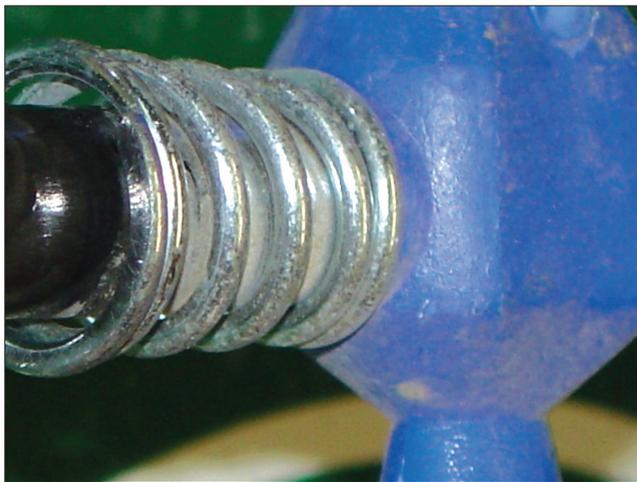


Lisa Norman

Open book

Tech. Sgt. Robert Genova, Air Force Civil Engineer Support Agency, reads a book to children at the Vetter Head Start School in Panama City recently. Head Start is a national program to help preschool children at or below the poverty level prepare for school.

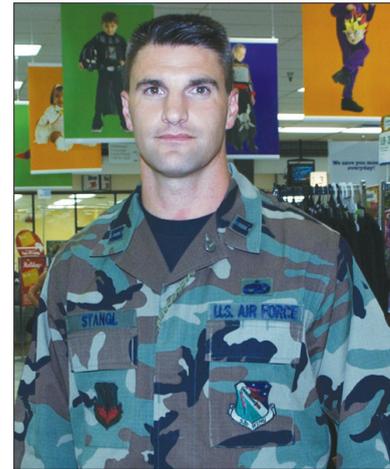
Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office. The Oct. 7 "Identify This" winner is Airman 1st Class Martha Navarro, 95th Aircraft Maintenance Unit load crew member. She correctly guessed that it was a picture of **SpongeBob Squarepants**. Come claim your prize!

ON THE STREET

What do you think is the most common cause of house fires?



"I believe it's unattended electrical items like curling irons or coffee pots. They get left plugged in with the power on."

CAPT. JOE STANGL

53rd Weapons Evaluation Group



"I think it's smoking in bed or candles in a breeze."

2ND LT. STEVEN MOORE

2nd Fighter Squadron



"I believe it's candles, because they get left unattended so often."

TECH. SGT. TIFFINEY KELLUM

Southeast Air Defense Sector



"I believe most house fires are caused by electrical malfunctions from poor wiring."

SENIOR AIRMAN TARENCE GIVENS

325th Medical Operations Squadron

(Editor's note: According to the Tyndall Fire Department, the leading cause of house fires is unattended cooking.)

Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton 325th FW commander
 Maj. Susan A. Romano chief, 325th FW public affairs
 Ms. Chrissy Cuttita chief, internal information
 2nd Lt. William Powell deputy chief, internal information
 Staff Sgt. Benjamin Rojek editor

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Making a mark means taking initiative

LT. COL. KEITH A. SEAMAN
95th Fighter Squadron commander

I know it can be frustrating at times: Regardless of how perfectly you do your job every day, you still get no recognition. It's always that other so-and-so who takes on all the high-visibility duties that wins all the awards.

You want to step up and get recognized, too, but you dread the "prized" volunteer jobs that appear to be the only way to move up in your career. Well, I'd like to suggest a better way to really make a mark in your organization.

As a squadron commander, what truly impresses me is self-motivated innovation. I've observed over the years that the most successful and renown people are those who shared their natural talents and interests and put their own personal touch on the workplace.

Rather than drudging through a project handed down to them, the folks I remember as "the best" managed to think up and get

energized about their own improvement projects – projects that improved their work environment, improved morale or made menial tasks less taxing.

No matter where you sit, I'm sure you have lots of ideas of how to make things better. Perhaps you know what the missing link is to fix the "broken system." If some of those ideas really make your blood boil, here's what I suggest: Capitalize on this energy to make a difference.

The folks I think really made a mark are those who didn't let their ideas fall to the wayside. They didn't chaff it off as someone else's job. In most cases, the mark they made had very little to do with the assigned job they had in the squadron. They were true contributors because they stepped in to help where they could, in ways that were satisfying to them and improved the workplace for the rest of us. Let me give you two simple examples of champions who made a mark.

Recently an Airman in my squadron was tasked to be my guidon bearer for the 325th

Operations Group change of command. She noticed that the campaign ribbons were very worn, and offered on her own to replace them with new embroidered ribbons. This was not a huge project, but it really impressed me because she saw the need and volunteered to fill that need. Using her own talents and interest, she added her personal touch to improving our squadron.

Another very impressive individual I will never forget enjoyed creating computer programs and building Web sites. He did this as a hobby at home, but also shared that talent by creating software programs that were helpful at work.

He went beyond just creating the software and passed his knowledge to Lockheed-Martin contractors. They continue improving and maintaining the software programs he initiated. Most of you in the 325th OG will recognize his "Scooby" symbol on software we all now take for granted in everyday use – software that saves us countless hours in mission planning for every sortie we fly. None

of this was a "chore" someone tagged him with; rather, he focused his hobby and natural interests on a project that made everyone's job easier.

Another way to make a mark is to become the expert in whatever most interests you at work. Know your job, but spend that extra time on things that naturally interest you. That will turn "study" into an adventure of learning that is satisfying and enjoyable for you while improving the squadron expertise. Learn that software program better than anyone. Know more about that ejection seat than anyone else. Learn what the Air Force is planning to do next with that program.

Then of course, share your knowledge with others in helpful ways. We need experts in every system and operation on base, so take the time to know everything about "that thing" no one else really understands.

I wish you all the best success just by being yourself. Use your personal interests, hobbies, and talents to take the initiative, and make a mark on Tyndall.

'Great supervisor' gave all to his troops, country

SENIOR AIRMAN MICHAEL ZARATE
325th Services Squadron

The greatest supervisor I have ever known, the person who had the most influence on me as a servicemember, a husband and a father, made the ultimate sacrifice recently, giving his life for his country in Operation Iraqi Freedom.

When I saw on my calendar that Boss' Day was coming up, I kept thinking about this man and the impact he had on me. One small day just didn't seem enough to honor his role in my life.

I arrived at my new home for a year, Camp Mobile, South Korea, on June 24, 2001. For those who

may not know, this is where the Army's Second Infantry Division comes through to either in- or out-process the division.

As a three-year artilleryman, I was a bit nervous to find out that I was actually going to be assigned to the Warrior Replacement Company, rather than sending steel down range. What did I know about moving troops in and out of a division? I was told to hit the ground running as soon as I got to Korea, and here I felt as though I was running backwards.

It was just before dusk that early summer night when I first met someone from my new unit. His name was Staff Sgt. Scottie Bright from Montgom-

ery, Ala. He was one of about three people in BDUs amongst a sea of people clad in civilian clothes. He was passing out packets, when he came across mine.

Sergeant Bright called out my name and brought my packet over. He asked if I was the same Spc. Michael Zarate who was going to be staying right there at Camp Mobile with him, as the others were shipped off to their respective new homes. I answered yes, and he assured me that I was going to love it there, as he was an artilleryman, too, and hand-selected for his position as well.

● SEE BOSS PAGE 17

Action Line Call 283-2255



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or

you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515
MEO	283-2739

MPF	283-2276
SFS Desk Sgt. Services	283-2254
Legal	283-2501
Housing	283-4681
CDC	283-2036
Wing Safety	283-4747
Area Defense Counsel	283-4231
Finance	283-2911
Civil Engineer	283-4117
Civilian Personnel	283-4949
Base Information	283-3203
	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

Domestic violence comes in many forms

(Editor's note: The author of the following story wishes to only be known as Cindi K.)

Domestic violence comes in many shapes and sizes, and sometimes it is so subtle that it may take years for someone to finally recognize it.

My experience with domestic violence began as a child and continued for most of my adult life. I'm now 43 and I still occasionally battle the demons of my past.

I have no memories of my father ever holding me, telling me he loved me, or being an active part of my life other than providing food on the table and a roof over my head. There was no anger in our house, but also no laughter. The first time I remember him telling me he loved me, I was 28 and had told him first. In spite of this emotional distance, I spent much of my life trying to gain his approval and acceptance. Nothing I did was ever good enough – my schoolwork, my job or my choice of husbands.

I asked him once why he raised us that way – unemotional, distant – simply as a provider and nothing more. He said that he was raising us the same way his father raised him. It was then that I saw for the first time that some people can't give what they've never had.

I lived with my mother and stepfather for two years after my parents divorced. Where my father had been unemotional, my stepfather was the extreme opposite. He was an

alcoholic whose main emotions were anger and distrust.

As the oldest, it was my responsibility to ensure the proper behavior of my brother and stepsister, so I often found myself grounded for weeks on end when one of them had left a bedroom closet door open or did not wash dinner dishes to his satisfaction. I was told that I was fat, ugly, stupid and not worth the air I breathed. I was told that my mother should have aborted me. My mother's lack of defense or denial only confirmed to me that what he said was true.

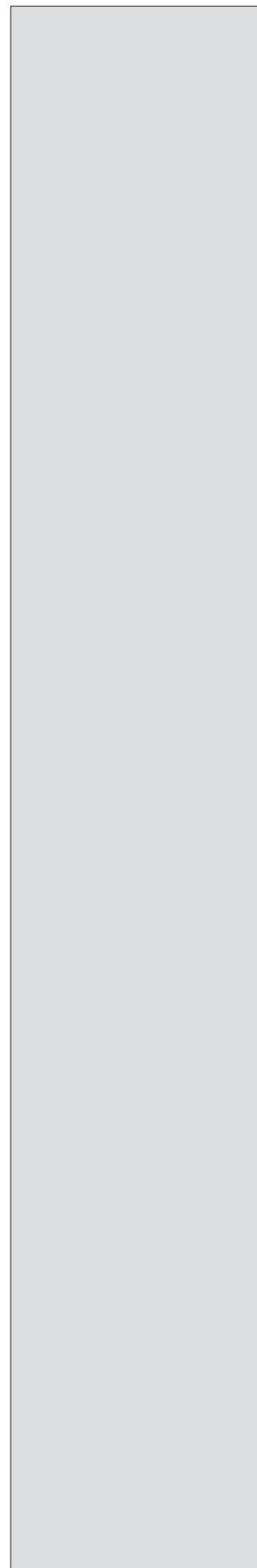
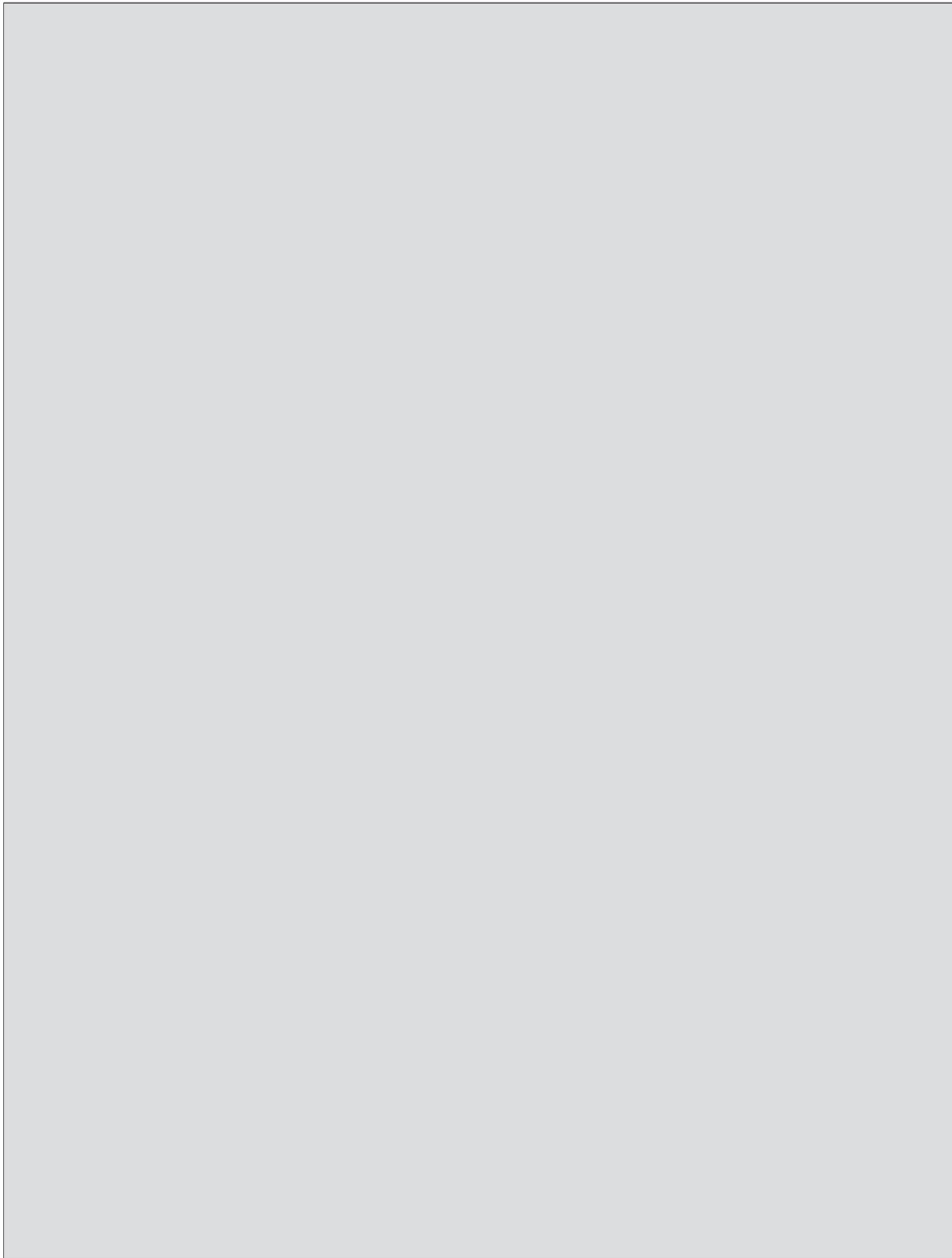
I was 16 and wanted to die.

I stood up to him once, New Year's Day 1979, after I realized I could decide whether I lived or died, and whether by his hand or my own. He had been making threats, so I told him I hated him and wished someone would kill him. I recognized that his power over me was my fear of him, so I made that effort to take back the power.

While he hit me that afternoon, I promised myself that I would not cry, run or fight back. I stared in his eyes with the unspoken challenge that I would never be afraid of him again. My "Amazon" came out of the closet and gave me the strength to believe my family had lied.

It was a long time before I could see that my mother was just as afraid of him as I had been, but did not have the same strength. She stayed with him for 17 years and dealt with lies,

● SEE ABUSE PAGE 20



Three Tyndall Airmen act quickly at DUI accident scene

STAFF SGT. BENJAMIN ROJEK

325th Fighter Wing Public Affairs

When they were thrust into a surreal situation, three Tyndall Airmen stepped up and showed that people can do extraordinary things.

It was around 1 a.m. Sunday morning when Senior Airmen Brooke Llafet, Marc Llafet and Matt Ritchie were driving home from Fort Walton Beach. In the car with them were Airman Marc Llafet's sister and his sister's friend.

Before they got to Highway 98, Airman Ritchie saw a large truck ahead of them swerving all over the road. He pointed it out to the others.

"This guy was driving recklessly," said Airman Brooke Llafet, who works at the Base Legal Office. "We could tell that he (had been drinking). I handed Marc my cell phone to dial 911."

They followed the truck while talking with a 911 dispatcher. Airman Marc Llafet was giving them information on the truck and where they were going. As they were about to turn onto Highway 98, the driver turned to the left too sharply.

"He hit the curb in the median and ended up in the oncoming lanes," said Airman Ritchie, a 325th Contracting Squadron Airman. "He overcorrected to the right and almost swiped a pole. He tried to correct his turn again and that's when he hit a Mazda in the oncoming lanes."

The car spun around as the large truck ran into the cement wall of the bridge they were crossing. The Airmen stopped the car about 40 yards behind the accident and immediately jumped out to help.

"What irritated me the most was that we were trying to make sure this didn't happen (by calling 911)," said Airman Marc Llafet, who works with the 325th Security Forces Squadron. "But we had to watch as the worst case scenario unfolded."

After getting out of their car, the three Airmen split up and took control of the situation. Airman Ritchie began checking the vehicles for fires or leaking fuel, while Airman Marc Llafet stayed on the phone with 911 and fed them information as he



Staff Sgt. Benjamin Rojek

From left: Senior Airmen Marc Llafet, Matt Ritchie and Brooke Llafet.

checked the vehicles and the accident scene.

Airman Brooke Llafet, who previously was an Air Force emergency medical technician, ran over to the hit vehicle and began to help the accident victim.

"The woman was in and out of consciousness and bleeding," she said. "I checked her pulse and her breathing. She was in shock. All she could say was, 'Help me.'"

"I told myself, 'You have a job to do,'" she continued. "You can lose it later. Keep it together now."

While she was working with the woman, the driver of the truck began to run. Airman Ritchie chased after him.

"He was about half-way across the bridge when I took off after him," he said. "He was almost out of sight."

Airman Ritchie chased the driver over the bridge, but in the darkness on the other side, he lost him. The police arrived and took up the search.

Back at the accident scene, the police and emergency medical technicians had arrived and taken over. All three Airmen filled out reports and were finally able to head on home.

The next day, they received a phone call from the Fort Walton Police Department. The police told the Airmen where the accident victim had been taken and thanked them for their help. The three Airmen visited the woman Sunday night and brought her flowers. She had both her legs broken, and had internal damage caused by hitting her steering wheel and dashboard. She had not been wearing a seatbelt.

Although their quick thinking and heroic actions saved this woman's life and is helping the police with their investigation, none of the Airmen feel they have done anything special.

Anyone can make a difference if they get involved, said Airman Ritchie.

"Be willing to lend a hand and don't be afraid," he said. "You might save a life. And someone might be helping you someday."

"I don't want recognition," said Airman Brooke Llafet. "I want people to remember to not drink and drive, and make sure to wear your seatbelt."

Airman Marc Llafet echoed his wife's sentiments.

"We didn't do anything above anyone else in the military," he continued. "We all promised to protect our nation. That's not just in the battlefield, but in every day life."

ARTICLE 15S

The following adverse actions took place at Tyndall AFB in September 2005.



months, and a reprimand under Article 15 for false/fraudulent claim, in violation of Article 134, UCMJ.

An airman first class received a reduction to airman, reduction to airman basic (suspended), forfeitures of \$100 pay per month for two months (suspended), 30 days extra duty, and a reprimand under Article 15 for willful dereliction of duty (drunkenness), and incapacitated for the performance of his duties, in violation of Articles 92 & 134, UCMJ.

An airman first class received a reduction to airman basic, forfeitures of \$617 pay and 15 days extra duty under Article 15 for wrongful use of marijuana, in violation of Article 112a, UCMJ.

A staff sergeant received a reduction to senior airman (suspended), forfeitures of \$100 pay per month for two months (suspended), 30 days extra duty, and a reprimand under Article 15 for AWOL three days or less, in violation of Article 86, UCMJ.

A senior airman received a reduction to airman first class, 15 days extra duty and a reprimand under Article 15 for willful dereliction of duty, as well as false or unauthorized pass/permit/ID and wrongful use or possession with intent to defraud, in violation of Article 134, UCMJ.

A senior airman received a reduction to airman first class (suspended), forfeitures of \$150 pay per month for two

A senior airman received a reduction to airman first class, forfeitures of \$820 pay per month for two months (suspended), and a reprimand under Article 15 for wrongful use of marijuana, in violation of Article 112a, UCMJ.

Deployed troops post wish lists on blogs

DALLAS – Web logs, or blogs, are quickly becoming a popular pastime for many Americans, including service members deployed to Operations Enduring and Iraqi Freedom. In fact, a Google search for military blogs returns more than 28 million results.

What are they talking about? Well, many deployed bloggers are using their forums to educate Americans on the best ways to send support from the home front to the front lines.

An Air Force Chaplain Assistant with the pen name “Airmen in Iraq,” wrote in a Sept. 10 posting (<http://thewann.blogspot.com/>), “I was talking to some of the chaplains about care packages. We have tooth brushes, toothpaste, shampoo, razors and all of that stuff. At this moment the only thing we can think of would (be) calling cards. I don’t think we can have too many calling cards!”

In a Sept. 7 posting, a Soldier also serving in Iraq echoed the Airman’s comments while warning of challenges phone cards purchased in the United States and sent to Iraq can present.

“I received a regular phone card in a letter from home, which was supposed to have 60 minutes or something, but with the Kuwait-U.S. charges, it turned into more like 13,”

the Maryland Guardsman who blogs as “Chris Whong” (<http://chris.whong.org/>) wrote. “The link (<https://thor.aafes.com/scs/default.aspx>) goes to AAFES, where you can buy the 550-unit cards for \$40, which are the best value for talk time. (AAFES usually requires you to be in the military to shop online, but they now allow you to buy phone cards for troops overseas) If any of your troops have been asking for phone cards (hint hint), these are the ones to buy.”

While every service member deployed to the desert could surely use an extra air conditioner or refrigerator, troop requests are easy to fill as many of their shopping lists are just a click away.

“Airman in Iraq” even provided specific care package suggestions in his Sept. 10 post. “Anything to spruce up the room,” the Chaplain Assistant wrote. “Gift certificates to Subway, Pizza Hut, Burger King, if you have access to an AAFES a gift certificate from there would be good also. So I think the best things really would be the calling cards and the Gift Certificates.”

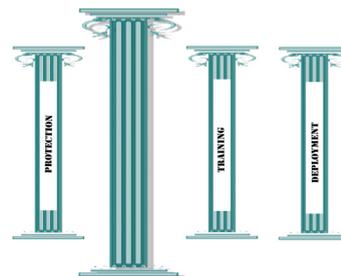
Whether posted on a blog or written on a note to family back home, AAFES’ “Gifts from the Homefront” and “Help Our Troops Call Home” programs make it easy to fulfill any service members’ wish list with phone cards and gift certificates that can

be redeemed at any AAFES exchange, including 62 contingency retail facilities, as well as 61 phone centers throughout Operations Iraqi and Enduring Freedom.

“Gift certificates and phone cards are always a good choice,” said the Army & Air Force Exchange Service’s Chief of Corporate Communication Lt. Col. Debra Pressley. “They’re adaptable, inexpensive to mail and can be addressed to ‘any service member.’”

Any American can log on to aafes.org or call 800-527-2345 to show their support for America’s deployed troops. From there, the “Gifts from the Homefront” gift certificates and “Help Our Troops Call Home” phone cards can be sent to an individual service member (designated by the purchaser) or distributed to “any service member” through the American Red Cross, Air Force Aid Society, Fisher House or USO.

FORCE SUSTAINMENT



**Thinking
about get-
ting out?
Think again!**

Get the facts first. Call Master Sgt. Al Lewis, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

Healthy children require proactive parents

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

Eating an apple a day doesn't always keep the doctor away, despite the contradictory age-old adage. This is especially true in children from birth to early adolescence, an age group with especially high illness rates.

Children carry many viruses because they often share food and drinks with other children and they don't wash their hands often enough, said Maj. Tamara Hall, 325th Medical Operations Squadron pediatrics flight commander and nurse practitioner.

Fortunately, she said, parents can help reduce the likelihood of their children getting sick by following a few simple tips.

"Try to keep young children away from crowds as much as possible," Major Hall said, since children's immature immunity systems are weak against viruses. "Also, teach your children as young as possible to wash their hands. A good time to start is after you change your baby's diaper. Wash yours and your child's hands. That way, by the time they reach preschool age, they're used to using the bathroom and washing their hands."

Children also need a nutritious diet and plenty of exercise to remain healthy, according to Senior Master Sgt. Ronald Hagen, 325th Aero-medical-Dental Squadron certified dietary manager.

"Children should eat six servings of whole grain products, three to five servings of fruits and vegetables, three servings of dairy products and 5 ounces of lean protein each day," Sergeant Hagen said.

However, most children don't receive these

recommended daily servings because of the availability and popularity of high-sugar, high-fat and high-sodium foods that are found in most fast food items and pre-packaged frozen meals.

Sergeant Hagen recommends looking closely at food ingredients at the grocery store and restaurant, preparing quick and healthy recipes at home rather than eating fast food, and exercising – both children and adults. Families can also attend classes or individual instruction on weight management and fitness at any base Health and Wellness Center.

"For many, nutrition and fitness can be a perfect opportunity to get the whole family involved in decision making," he said.

Eating healthy, exercising and washing hands frequently are excellent ways to proactively maintain good health in children and adults, but parents also need to schedule routine wellness visits with a physician for "preventative maintenance." Newborns need a wellness visit at the two-week, two-month, four-month, six-month, one-year and 18-month date after birth. Beginning at age 2, children should receive an annual wellness visit near their birthday until they turn 18, Major Hall said.

Unfortunately, these tips won't cure or prevent all illnesses, and children are likely to pick up between eight to 12 viruses every year if they are in day care, preschool or kindergarten, the major said.

And even though some parents mean well when they give prescription medication to their sick children, if the medication hasn't been prescribed specifically for that child, they could



2nd Lt. William Powell

Maj. Tamara Hall, 325th Medical Operations Squadron pediatrics flight commander and nurse practitioner, checks Gwendolyn Mazar's heartbeat during her four-month wellness exam Wednesday here. Gwendolyn is the daughter of Claudia Mazar, left, and Master Sgt. Michael Husava, 83rd Fighter Weapons Squadron.

be doing more harm than good, she said.

"Antibiotics are wonderful for treating bacterial illnesses, but the vast majority of illnesses children get are caused by viruses," said Major Hall. "So giving them an antibiotic may not get them better any faster, but it could cause a severe allergic reaction, cause more antibiotic-resistant bacteria to form, or give them an overdose because children prescriptions are based on how much they weigh that day. It's much safer to give them a correct dosage of over-the-counter medication until the child is seen by a doctor."

However, unless a sick child is under 3 years old, has a fever of 103 or above, has difficulty breathing or has had cold symptoms for more

than two weeks without getting better, the child won't normally need to be seen by a doctor, the major said.

"The vast majority of children we see have typical viral common-cold symptoms, and although we would love to make them better, there are no medications to kill the viruses," she said. "Their bodies have to do it all by themselves, but over-the-counter medicine for children ages 2 and up can help them feel less miserable."

Parents of a sick child can call the Tricare appointment line at 283-2778 to speak with a triage nurse for advice. For more information about diet and nutrition, contact the Tyndall HAWC at 283-7552.

Military employment specialist helps spouses find jobs

MASTER SGT. MARY MCHALE

325th Fighter Wing Public Affairs

Military spouses at Tyndall now have another option at the Family Support Center to assist them in finding employment.

In collaboration with the Panama City Workforce Center, the Family Support Center now has a Military Family Employment Specialist, Dawn Hilty, who visits every Wednesday from 8:30 to 11:30 a.m.

According to Jodie Schwartz, FSC director, the initiative is a product of state legislation passed in 2004 that required additional spouse employment specialists in military communities. Spouses who would like to participate can either call for an appointment or walk-in.

"A lot of spouses are under the impression that employers are reluctant to hire them because of their transitory nature, but that's just not the case," Ms. Schwartz said. "Both Dawn and I stress the advantages of hiring a military spouse and we find employers agree."

Some of the advantages Ms. Schwartz pointed out are that military spouses are used to diversity and usually have a wide variety of workplace experience to include working in different cultures.

"This is a great opportunity for spouses to receive employment services without having to make the drive downtown," Ms. Schwartz said. "By registering with the Workforce Center, job seekers can search hundreds of local positions to find the job that best fits with his or her needs and experiences. After registration, Mrs. Hilty can assist by providing job referrals and monitoring the employment search."

Mrs. Hilty said the registration process begins with an assessment phase. During that period, she helps the spouse narrow their search focus after reviewing topics like education level, interests and salary preferences. Then both she and the spouse review a database filled with job openings. She said the opportunities run the gamut from government and private employers to opportunities in the education system. Educa-

tion levels can run the gamut as well – from a general education development degree upward.

Once a potential match is made, Mrs. Hilty provides job seekers with a referral to tell them what subsequent actions to take, such as faxing a resume. If in fact that is the case, Mrs. Hilty will fax it for the potential employee as well. She added that she's available as long as a spouse needs her services.

To make the process flow smoothly, the best thing a spouse can do to prepare for the initial assessment meeting is to bring a written employment history.

"It doesn't necessarily have to be in resume format but having dates and places written down helps a great deal.

"We have all a spouse needs to take advantage of the program in the FSC, from computer equipment to a fax machine," said Ms. Schwartz.

Spouses who would like to make an appointment for the service can call the Family Support Center at 283-4204.

19th AF to hold change of command

RANDOLPH AIR FORCE BASE, Texas — Maj. Gen. Marc Rogers replaces Maj. Gen. Edward Ellis as 19th Air Force commander during a change of command ceremony here Oct. 21.

Gen. William Looney, commander of Air Education and Training Command, will preside over the ceremony.

General Rogers comes to 19th Air Force from Headquarters Air Force Materiel Command at Wright-Patterson AFB, Ohio, where he served as AFMC Transformation Director. In that capacity, he led the transformation of AFMC's and the Air Force's ability to develop, field and sustain war-winning expeditionary capabilities.

General Rogers is a command pilot with more than 2,300 flying hours, including more than 180 combat hours, in the F-15, F-16 and F-117. He has served as an electronic combat pilot, aggressor pilot, instructor pilot, operations officer, squadron commander, operations group commander and 49th Fighter Wing commander at Holloman AFB, N.M. He has led combat operations in Iraq and Bosnia.

General Ellis has led 19th Air Force since June 2004. He leaves Randolph to retire in his hometown of Montgomery, Ala., and will conclude his career with a retirement ceremony there at Maxwell AFB in November.

He entered the Air Force in July 1971 after re-

ceiving his commission through the University of Alabama ROTC program. He has held a number of command, flying and staff positions.

In 1999, General Ellis served as the night director of the Balkans Combined Air Operations Center in Vicenza, Italy, during Operation Allied Force. In 2001, he was assigned as commander of Combined Task Force Operation Northern Watch at Incirlik Air Base, Turkey, enforcing United Nations' sanctions on the Saddam Hussein regime in northern Iraq.

General Ellis is a command pilot with more than 3,300 flying hours, including 240 combat hours in the F-15C and F-15E in support of Operation Northern Watch.

Headquarters 19th Air Force is responsible for managing all flying training within Air Education and Training Command.

The numbered air force includes more than 31,000 people and operates over 1,800 aircraft of 21 different models flying more than 580,000 hours annually. The headquarters here is responsible for the execution of Air Force initial qualification and follow-on combat crew flying training programs with graduates reporting to warfighting commands.

The 19th Air Force also conducts annual aircrew standardization and evaluation visits to its units to assess the effectiveness of training programs.

Did you know ...

Those people wanting to check if they're eligible to wear a ribbon, if their achievement medal has been updated or where to place a medal on the ribbon rack can find all this information, and more at <https://ww3.afpc.randolph.af.mil/vmpf/PersonalInfo/Pages/RibbonRip.asp>. At any given time, military members can log on to the virtual Military Personnel Flight Web site and click on the *Awards and Decorations* link. The Web site will list all updated medals and the number of devices to wear for each. The Web site also provides a photo of what a complete ribbon rack should look like to assist with properly arranging medals. If someone notices an unlisted award for which he is eligible, he should contact his unit command support staff to initiate corrective actions.



Checkertail Salute

Staff Sgt. Jesus Mendoza



Isaac Gibson

Sergeant Mendoza receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Mendoza, 325th Services Squadron. His dining facility storeroom operations was noted by the 2005 Operational Readiness Inspection team as "simply impressive." He also is a local soccer coach and team player in all squadron intramural sports.

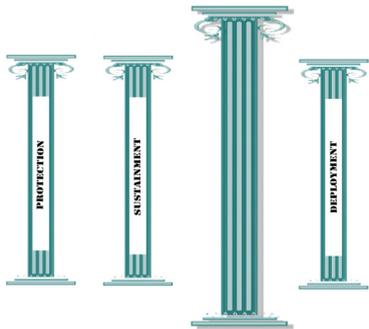
Duty title: Flight kitchen NCO in charge
Time on station: Six years
Time in service: Six years, three months
Hometown: Queens, N.Y.
Hobbies: Play and coach soccer, play softball
Favorite movie: "Scarface"
Favorite book: "Cien Anos de Soledad" by Gabriel Garcia Marquez
Favorite thing about Tyndall: The weather and beaches
Pet peeves: Laziness
Goals: Get a bachelor's degree in physical education and sports medicine
Proudest moment in the military: Making staff sergeant

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Senior Airman Carrie Kobsik, 325th Medical Operations Squadron health services administration.



FORCE TRAINING



Training Spotlight

What's it like training with American F-15 Eagle pilots?

"It's a pleasure working with fellow professionals and experiencing different approaches to training and tactics."



**SQUADRON LEADER
STEPHEN CHAPPELL**
Royal Australian Air Force

High-tech sim helps train air traffic controllers

CHRISSEY CUTTITA
325th Fighter Wing Public Affairs

The goal of mastering the movement of 10 aircraft in your air space is challenging, but air traffic controllers are up for it.

New Airmen to the career field come to Tyndall right out of technical school to hone their skills on an \$800,000 air traffic control high-tech simulator located at the Radar Approach Control facility here.

The money is well spent, according to Senior Master Sgt. Scott Enander, 325th Operations Support Squadron chief controller.

"When you calculate what the cost of an aircraft crash is, this investment is worth it," he said. "This virtual training is their first experience controlling air traffic. Airmen start by controlling airspace with two to three aircraft, learning how to put them on and off the runway safely. Next, they work through emergency scenarios and more complicated tasks until they master it enough to be on their own. This is the only place they will get to practice before being certified."

Virtual reality brings the students closest to what they will actually experience when they are certified for operations in Tyndall's tower. Positions and equipment are replicated through computer screens.

"We can create more than 100 scenarios, involving a variety of aircraft and we can change the story as we go along to keep the training challenging," said Senior Airman Amy Naquin, 325th OSS air traffic controller who, like others, use their expertise to provide on-the-job training for new employ-

ees. "If there is a scenario you can think of, it's here."

This state-of-the-art simulator is a critical tool in preparing Airmen, both enlisted and officers, to handle the rigors associated with keeping airplanes safe both here at Tyndall and deployed locations.

"First, the training gets them to learn the basic steps of how to separate airplanes, learn the phraseology and plan ahead before talking to real people in the tower," said Sergeant Enander. "Second, they are required to demonstrate control of the air space with 10 aircraft on the scope."

It is programmed for voice recognition and response, so controllers have to use the correct phrases to get the computer to give the correct response and appropriate action. They converse with the computer as they would to a pilot and the computer responds the same way a pilot would. The aircraft actually respond to the controller's instructions such as "going around" or taxiing to park.

Designers took panoramic photographs of Tyndall from the control tower and designed graphics to portray a virtual base complete with exact replicas of Tyndall's buildings, vehicles and aircraft.

"The simulator helps us familiarize ourselves with the taxiway and runway here," said Airman 1st Class Matthew Hooke, air traffic control apprentice. "Most scenarios you see here will be a lot like what you would see in the tower."

Airman Matthew Zellefrow, air traffic control apprentice, was impressed with the

technology he became familiar with in technical school.

"At first, I didn't think it was going to be as accurate as it is," he said.

"As a new guy it can get pretty scary, but as you progress you begin to relax and say 'the more the merrier,'" said Airman 1st Class Dwight Allen, air traffic control apprentice. "The simulator creates a dynamic environment that lets students learn without the hazards of killing someone."

"There is room for error here, but not upstairs (in the tower)," said Airman Naquin. "There is no margin of error in this job so they have to be prepared before they become rated."

On average, students spend eight months here getting rated. The training begins with a Front Load Course, in which students focus on learning the Tyndall-specific rules and regulations. Once the front load training is complete, students put the knowledge they gained during the training to use through practical application in the simulator.

"Usually I like to go through the textbook with them and then apply what we studied to the training scenario," said Airman Naquin.

Once training is complete and air traffic control apprentices are checked out in all of the tower positions, they are awarded their five-level and they get to wear the air traffic control Air Force Specialty Code badge.

"I'm looking forward to getting rated and being able to wear the badge," said Airman Allen. "This career field is so dynamic. It's always changing, and you get to see something new each day."

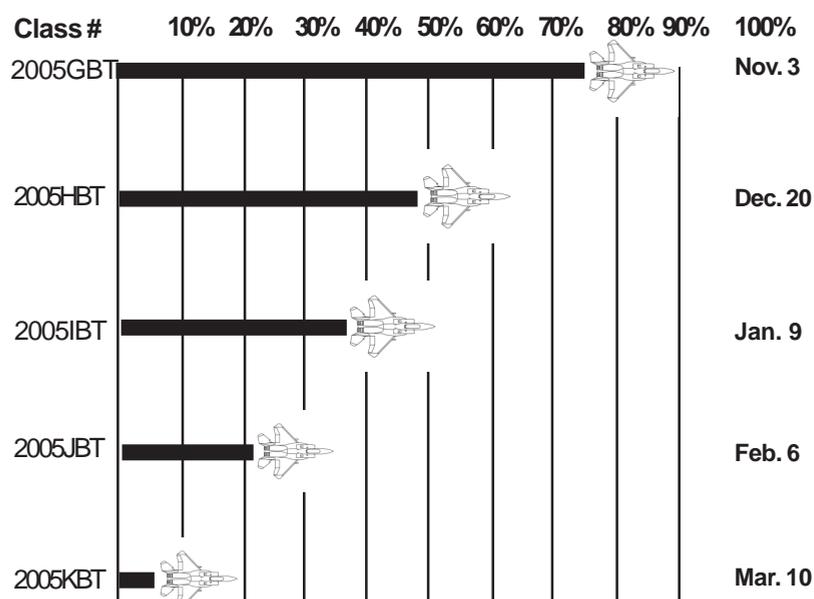


2nd Lt. William Powell

Green belts for greenbelts

Airmen 1st Class Jeffrey Omori, center, and Ryan Salazar receive their green reflective belts from Staff Sgt. Joe Scherrer, 372nd Training Squadron/Detachment 4 instructor, Thursday here. The Airmen began their first day Thursday as F-15 Eagle crew chief students, also known as "greenbelts."

F-15 Eagle B-Course progress chart





Courageous crusaders: Tyndall firefighters train to run in as others run out

Photos by 2nd Lt. Betsy Scott

Two 325th Civil Engineer Squadron firefighters operate a two-person hand line to try and extinguish a simulated aircraft fire recently here.

CHRISSEY CUTTITA
325th Fighter Wing Public Affairs

“Ready – the pit will be hot!”

That was the call over the radio to the geared up Tyndall firefighters who were ready to put out a simulated aircraft fire on the flightline recently here.

“During that training and other monthly routine exercises, we enhance our ability to perform in a real-world fire emergency,” said Bobby Richardson, Fire and Emergency Services training chief. “For firefighters, it builds confidence in their capabilities and equipment. They practice tactics used in combating ground, exterior and engine fires and sometimes interior fires at the aircraft live-fire training.”

“I wasn’t expecting the gear to be so heavy,” said Staff Sgt. Ken Wyllie, who just

cross trained into the firefighting career field in June. “This was my first pit fire here and as a firefighter so I was a little nervous. But with my crew chief beside me and the application of what I just learned in technical school, I got through it.”

Firefighters remain safely protected by their protective equipment, which serves as an insulator and keeps them cool. The silver color of the bunker gear and the 24-karat gold shield on their helmet’s face shield reflects heat. A breathing apparatus keeps a flow of oxygen to their lungs. Overall the gear can weigh up to 80 pounds,

so it’s like having a small person on your back, said Chief Richardson.

With the added pounds on their person, firefighters drag a fully charged hose weighing several hundred pounds 75 feet from the fire-apparatus truck to the point of origin in the fire pit. It takes a two-man team to attack the fire with a “hand line.”

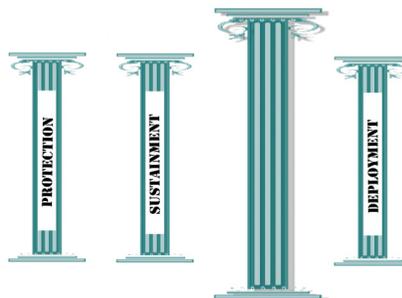
“It’s a great feeling being out there,” said Staff Sgt. Jason Rosenbaum. “You feel the fire, heat, intensity and the strength of the line. That strength can sometimes be enough to numb and lock my arm.”

Firefighters pull all that weight and pressure while a blaze of fire up to 1,800 degrees surrounds them in the pit. Even those sitting inside the trucks feel the heat while they control the turret that sprays water from above. The air conditioner can be on full blast in the fire chief’s truck 80 feet away from the action but the heat on the windows can still be felt.

“It’s very hot, and it’s an adrenaline rush,” said Chief Richardson. “That day, the weather conditions had a heat index of 98 degrees outside in high humidity. We train in all conditions because we can be called on at any given time to perform our duties, and our firefighters need to be conditioned and prepared to handle real-world emergencies.”

Florida weather helps the team prepare

FORCE TRAINING



for even hotter desert conditions when deployed, said Sergeant Rosenbaum. And the job requires mental, as well as physical, preparedness.

“We have to stay focused – this is a life and death situation,” said Sergeant Willie. “The most exciting part of my job is getting suited up as fast as possible to answer a call. You just can’t take things at stride here. In my first two days here I responded to two car crashes. I have to be prepared for any situation.”

“‘Fit to fight’ really holds true to this career field,” said Chief Richardson.

“We have higher physical fitness standards than other Air Force members,” said Sergeant Rosenbaum. “We have 10-stage obstacle course drills in full gear regularly so that when we do have a fire to respond to, real or training, we will be ready.”

Every member goes through the pit fire training and they each get to rotate the roles and duties of responsibility, no matter what rank they are.

Personnel in the control tower turn the igniters on that cause the propane fuel above to create a blaze around the training aircraft. The fire rages in the pit area and crews respond to it as if it were real.

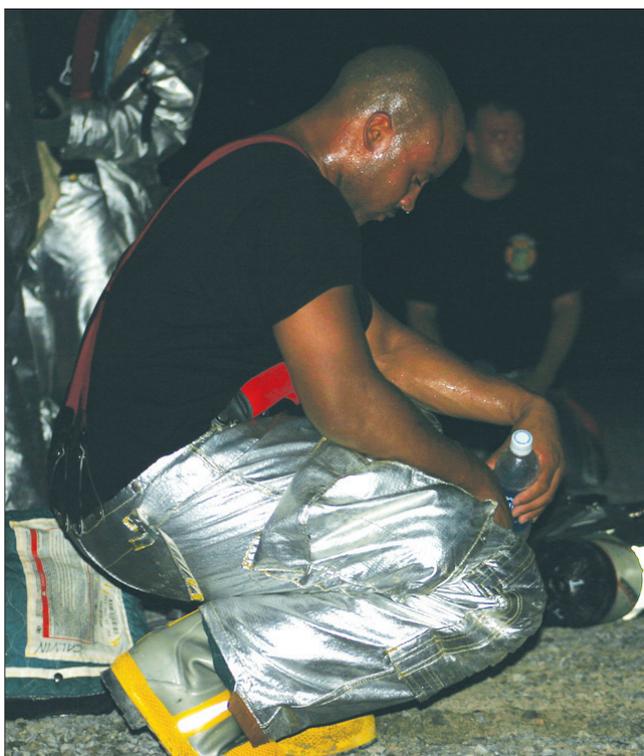
First, the crash truck drivers spray water from the nozzle on the roof of the vehicle at 750 gallons per minute. Second, two handlines are deployed with two firemen at each hose to cut a rescue path to the aircraft so that simulated aircrew could be rescued. A pit boss heads into the heat to supervise and lead crews. The “frontline” is labeled “IDLH” meaning immediately dangerous to life and health.

“In the real world there would be chaos,” said Sergeant Rosenbaum. “Planes can crash in a jungle, causing much more damage than what is controlled here on the flightline for training.”

“If there is an emergency during training, we can shut down the fire in 10 seconds with a push of a button in the control tower,” said Chief Richardson, who emphasized the importance of a safe training environment.

The fire department here also works jointly with local Bay County, Army, and Air National Guard firefighters to provide training and certification on base.

“We have a real robust training program here,” said Chief Richardson. “We take our business seriously. Our responsibilities as firefighters go beyond the scope of putting out fires. We are also involved in HAZMAT, rescue operations, vehicle extraction and prevention for the local community.”



Staff Sgt. Ken Wyllie, handlineman, regroups and hydrates after spending some time in the hot flames. The fire in the pit can reach up to 1,800 degrees, and the firefighters can become dehydrated quickly.



Staff Sgts. Lyndon Remedio, left, crew chief, and David Harrell, handlineman, gear up before tackling the blaze. Firefighters must wear multiple layers of protective equipment that can weight up to 80 pounds, and still must be able to carry heavy hoses or people.



Tyndall firefighters brave the blaze as they sharpen their aircraft firefighting skills at the live-fire training recently here. Firefighters here routinely practice tactics used in combating ground, exterior and engine fires. In addition to providing Tyndall with highly trained firefighters, they also handle hazardous material, rescue operations, vehicle extraction and can assist the outside community with firefighting requests.

Briefs

RAO volunteers

The Retiree Activities Office is seeking volunteers to assist with the various tasks associated with running the office. The RAO is an all-volunteer organization that provides assistance and information to Tyndall's retiree community on retiree-related issues. Those interested in volunteering should contact the office by e-mail at tyndall.RAO@tyndall.af.mil or call 283-2737.

POW/MIA coin

The Tyndall POW/MIA Recognition Day Committee is offering the POW/MIA coin to all Tyndall personnel. The cost is \$10 and must be paid prior to placing an order. For more information or to purchase a coin, contact Senior Master Sgt. Jerald Brooks at jerald.brooks@tyndall.af.mil with the following information: Name, squadron, duty phone number and number of coins to be purchased.

SBP briefing

The Survivor Benefit Plan is often misunderstood and undervalued by servicemembers. A SBP counselor will schedule those about to retire for a pre-retirement briefing, well before the retirement date. In addition to the briefing, various handouts are available to assist with making decisions. For more information, call Tyndall's SBP counselor, Alicia Gibbons, at 283-8392.

Military Family Employment Specialist

A Military Family Employment Specialist will be available at the Family Support Center 8:30–11:30 a.m. every Wednesday. The employment specialist is available to assist military spouses with job placement and referral for positions in the Panama City area and to register spouses in the workforce employment system. For more information or to make an appointment, call the FSC at 283-4204.

Clinic laboratory hours change

The 325th Medical Group clinical laboratory services hours have changed to 7:30 a.m. to 4:30 p.m. Monday–Friday. For more information, call Maj. Rose Cantu at 283-7430.

GCCC midterm classes

Gulf Coast Community College Tyndall Center has two midterm classes, Western Civilization II and Macro Economics, starting in October. There will also be two non-credit courses offered: Excel Intermediate



Staff Sgt. Benjamin Rojek

and Access Intermediate. For more information, call 283-4332.

ERAU registration

Embry-Riddle Aeronautical University Winter 2005 Term Registration will be from 8 a.m. to 4:30 p.m. today and Oct. 17 in Bldg. 1230, Room 49. Class dates are Tuesday through Dec. 19. For more information, call 283-4557.

Troy University

Today is the last day to add a class to a schedule and is the deadline for seniors to file their intent to graduate in Term III. For more information, call 283-4449.

Tricare briefing

A Tricare benefit briefing will be held from 6-8 p.m. Nov. 15 at the Gulf Beach Baptist Church located on Hutchison Boulevard in Panama City Beach. Health care information will be provided for all categories of Tricare beneficiaries. For more information, call the 325th Medical Group's Tricare Operations office at 283-7331.

Tricare Online

The DOD's Internet portal to Tricare and health care information, Tricare Online, is available to all Tricare beneficiaries. Registered users can book appointments online. For more information, log on to www.tricareonline.com.

ESC Open House

The Enlisted Spouses' Club is having an open house at 6:30 p.m. Oct. 20 at the Enlisted Club. All enlisted spouses are encour-

aged to take this opportunity to see what the Tyndall Enlisted Spouses' Club has to offer. For more information, call Gina Hall at 286-4127.

OSC functions

The Officers' Spouses' Club is holding a costume party at 10:30 a.m. Tuesday at the Officers' Club. Prizes will be awarded for the most original costume, and there will be a pumpkin carving/decorating contest. Lunch will be buffet style with a salad and sandwich station and heavy hors d'oeuvres. Cost is \$10 per person and child care will be provided. Please RSVP to Geraldine Traver at 871-1895 by noon today.

Also, the OSC is having a jewelry show fundraiser from 11 a.m. to 7 p.m. Oct. 27 at the Officers' Club. All military, DOD and non-appropriated fund personnel are invited to attend.

Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday–Friday in Bldg. 747. Call the Family Services office at 283-4913 or the Family Support Center at 283-4204 for more information.

Thrift Shop hours

Fall and winter clothing may now be brought in for consignment.

Normal operating hours are 9:30 a.m. to 12:30 p.m. Wednesday–Friday, with consignments from 9:30–11:30 a.m. Wednesdays and Thursdays. The Thrift Shop is located in Bldg. 743 on Suwannee Drive across from the Base Post Office. For more information, call 286-5888.

One by one

Rashida Brinson, 325th Medical Support Squadron pharmacy technician, double counts a narcotic before filling a prescription Tuesday at Tyndall's main pharmacy. The pharmacists count out pills using people, scales and a robot. For more information on the main pharmacy, call 283-7682. For more information on the satellite pharmacy, call 283-7576.

**Catholic services**

Daily Mass, 11:30 a.m. Monday–Friday, Chapel Two
Reconciliation, before Saturday Mass or by appointment
Saturday Mass, 5 p.m., Chapel Two
Sunday Mass, 9:30 a.m., Chapel Two
Religious Education, 11 a.m., Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One
Contemporary worship service, 11 a.m., Chapel Two
Wednesday Fellowship, 5 p.m., Chapel Two

Muslim services

Dhuhr Prayer, Monday–Thursday, Spiritual Maintenance building near the flightline
Jumauh services, 12:30 p.m. the second and fourth Friday of each month, Spiritual Maintenance building near flightline

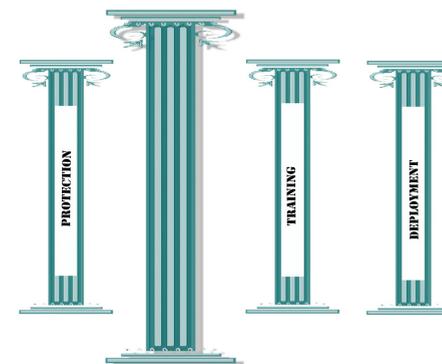


Staff Sgt. Benjamin Rojek

Drive on

Antonio Bazemore, 325th Aircraft Maintenance Squadron, drives past Harlie Bodine, 95th Fighter Squadron, in a layup attempt during a pick-up game at the Tyndall Fitness Center Wednesday. The Fitness Center has many ways for people to stay in shape, including free weights, treadmills, stationary bikes and racquetball courts. For more information, call 283-2631.

FORCE SUSTAINMENT



Intramural Sports Standings

Football					
American			National		
Team	W	L	Team	W	L
83rd FWS	5	1	ACS	6	0
MXS	5	1	SFS	5	0
43rd AMU	4	2	TEST	4	2
1st AMU	3	3	COMM	3	2
OSS	3	3	CES	2	3
AFCESA	2	3	601st EAOG	2	3
CPTS	1	5	SVS	1	4
53rd WEG	0	5	CONS	1	4
			MDG	0	6

Intramural Darts

In the darts' winners bracket, Douglas Guerette is waiting to see if he'll go up against Donald King or Gregory Trinkle in the final bracket match.

In the loser's bracket, Timothy Studdard has time to rest, as he's waiting for a couple matches to take place before he finds out who he'll be up against: Cody Mullins versus Jeremy Cole, and Brian Denny versus Patrick Bannister. Michael Jones is also waiting for his next match. He'll be facing the winner of the Timothy Goodwin/Danielle Minamyer match-up.

CES picks Green Bay, engineers winning list

PIGSKIN PROGNOSTICATOR

From the Emerald City

Well, after the Packers' win over New Orleans 14-3, Houston is the only team left without a W this season. And lucky ol' Green Bay gets a bye this week, while the Texans have to head up north to lose to Seattle. Sometimes life just isn't fair, eh?

Speaking of fair, 325th CES made some fairly good picks this week, moving up three places by picking nine games correctly. They seem to be good at constructing their picks, but I just had to know: Are they aiming for first place?

"We are, and we will make first place," said Jason Rosenbaum, 325th CES predictor. "We will not settle for anything less."

How are they going to do it?

"Ah, grasshopper, we cannot divulge that information at this time," said Rosenbaum. "We can say it takes a team effort to pick the right winning teams."

Well, whether or not they win next week, the games will sure be fun to watch. The one I'm looking out for is the Washington at Kansas City game. Even though the Chiefs are 2-2 versus the Redskins' 3-1, the boys from K.C. were resting up while Washington felt the pains of their first loss this season.

Cleveland at Baltimore should also be fun to watch, but for different reasons.

"Ray Lewis (of the Ravens), what gives?" asked fellow prognosticator William Bracken, 325th OG. "I understand being aggressive, but the guys in the (black-and-white striped uniforms) are not the ones you're supposed to be hitting. There were 22 penalties in one game? Ouch!"

I wish I could blame penalties on my shoddy five correct picks, but all I can blame is the NFL. I mean, who told Dallas they could win?

Now, let's get out there and watch some football!

Prognosticator scoreboard

Team	Week 4	Total
PIG-PROG	5	36
325th OSS	8	45
First Sgts.	5	44
325th AMXS	6	43
325th MOS	8	43
325th SVS	8	42
325th ACS	4	40
325th MDOS	7	40
325th MXS	5	39
325th CS	6	39
2nd FS	7	39
325th CPTS	5	38
325th CONS	7	38
325th MSS	4	35
53rd WEG	7	35
325th CES	9	35
325th SFS	5	34
NCOA	5	33
823rd RHS	5	33
AFRL	8	30
325th OG	4	24

Pig-Prog vs. 2nd FS

Atlanta @ New Orleans	Atlanta
Carolina @ Detroit	Detroit
Cincinnati @ Tennessee	Cincinnati
Cleveland @ Baltimore	Cleveland
Jacksonville @ Pittsburgh	Pittsburgh
Miami @ Tampa Bay	Tampa Bay
Minnesota @ Chicago	Chicago
N.Y. Giants @ Dallas	Dallas
Washington @ Kansas City	Kansas City
New England @ Denver	Denver
N.Y. Jets @ Buffalo	Buffalo
San Diego @ Oakland	Oakland
Houston @ Seattle	Seattle
St. Louis @ Indianapolis - 56	45 points

With a score of 5-4, the Pig-Prog beat 325th ACS in the Week 5 challenge. Now who's in control?

Tyndall Tigers take second place at SEMAC pre-season tourney

The Tyndall Tigers Men's Varsity basketball team fell to the Keesler Dragons by two points in the championship game of the Southeastern Military Athletic Conference Pre-Season Tournament Oct. 8-9 at Robins AFB, Ga.

The Tigers came up short in their efforts to win a third consecutive championship after fighting their way out of the losers bracket.

In their first game versus the Moody Knights, the Tigers built a 16 point lead only to see Moody battle back to trim Tyndall's lead to 36-30 at the intermission. In the second half, the score was close throughout when Tyndall's Elvin Walker appeared to seal the victory for the Tigers as he scored on a driving layup to give Tyndall a 74-73 lead. With only 2.2 seconds remaining in the contest, Moody threw a length of the court pass and the Tigers were whistled for a foul in their attempt to deflect the pass. Clint Williams connected on two free throws with 1 second on the clock to snatch the victory from the Tigers, winning the game 75-74.

After their opening loss, the Tigers went into the losers bracket where they faced the host Robins Hawks. In a high scoring first half, Tyndall led by two points 43-41 by the intermission. In the second half, the Tigers picked up the tempo as they ran to the easy victory, 96-76.

Tyndall began the second day by taking on the Eglin Eagles in their third game of the tournament. The Tigers jumped out to a 20-7 lead before the Eagles came soaring back to cut the lead to 6 points, finishing the half 37-31. In the second half, Tyndall extended its lead to as many as 20 points and denied any rallies by the Eagles, winning 75-60.

Tyndall next faced the Mayport Hurricanes from Naval Station Mayport, with the winner advancing to the champion-

ship game. Both teams came out on fire, and when the smoke had cleared, Tyndall, behind Elvin Walker's 29 first half points, led 47-39 at the break. In the second half, the Tigers onslaught continued as their lead ballooned to as many as 35 points, and they won 95-74.

In the championship game, Tyndall once again took on the Keesler Dragons. The Tigers, behind Tysen Pina's 16 first half points, led throughout the opening stanza as they took a 33-25 lead at the intermission.

In the second half, the momentum swung to the Dragons after Pina was called for his fifth foul with 8:45 remaining to be played and Tyndall leading 55-49. Keesler turned three consecutive Tyndall turnovers into a 57-55 lead. With 14 seconds remaining, Keesler's center, Cedric Whitaker, nailed a 3-pointer to give the Dragons a 69-67 lead on the ensuing possession. The Tigers got three good shots, including a 3-pointer by Walker that rimmed in and out, but failed to score as the buzzer sounded. The Dragons won 69-67.

In the championship game, Pina paced the Tigers in scoring with a game high 25 points. He was followed by Anthony Showers with 14 points, and Elvin Walker and Jared Austin with 10 points each. Lance Clark led in rebounding with 12, and Walker had six assists.

Walker and Pina were named All Tournament. They were joined by Louis Robinson and Eric Jackson of the Hurricanes, and the Dragons' Dukes, Whitaker and Chris Geiger.

The Tigers will travel to Hurlburt Field this weekend to kick off the regular season. Game times will be 2 p.m. Saturday and 1 p.m. Sunday.

(Courtesy of the Tyndall Tigers)

● FROM ENERGY PAGE 1

not sealing tightly and cold air could be escaping, which wastes energy.

Residents should also unplug the refrigerator and clean the dust from the back or bottom coils twice a year. Dirt and dust restrict the air flow around the coils and cause the unit to work harder, increasing energy costs.

Perhaps the simplest way people can save electricity at home and at work is by turning off lights and electrical equipment when not in use, and by swapping traditional incandescent light bulbs with compact fluorescent bulbs, said Mr. Walker.

Although incandescent bulbs are inexpensive, they are not very efficient in terms of converting electricity to light. Only about 10 percent of the energy consumed by incandescent bulbs is actually used to produce light, the rest of the energy turns into heat, which can increase air conditioning costs.

“All of the incandescent lights on this base should have been replaced with compact fluorescents by now,” Mr. Walker said. “If they have not been replaced in your facility, please contact the self help desk at 283-2124 for replacement bulbs.”

Compact fluorescent bulbs initially cost a few dollars more per bulb than traditional bulbs, but they last much longer, are more energy efficient and are better for the environment, he said.

For more information on how to reduce energy conservation at home or at work, contact Mr. Walker at 283-4715.

● FROM BOSS PAGE 3

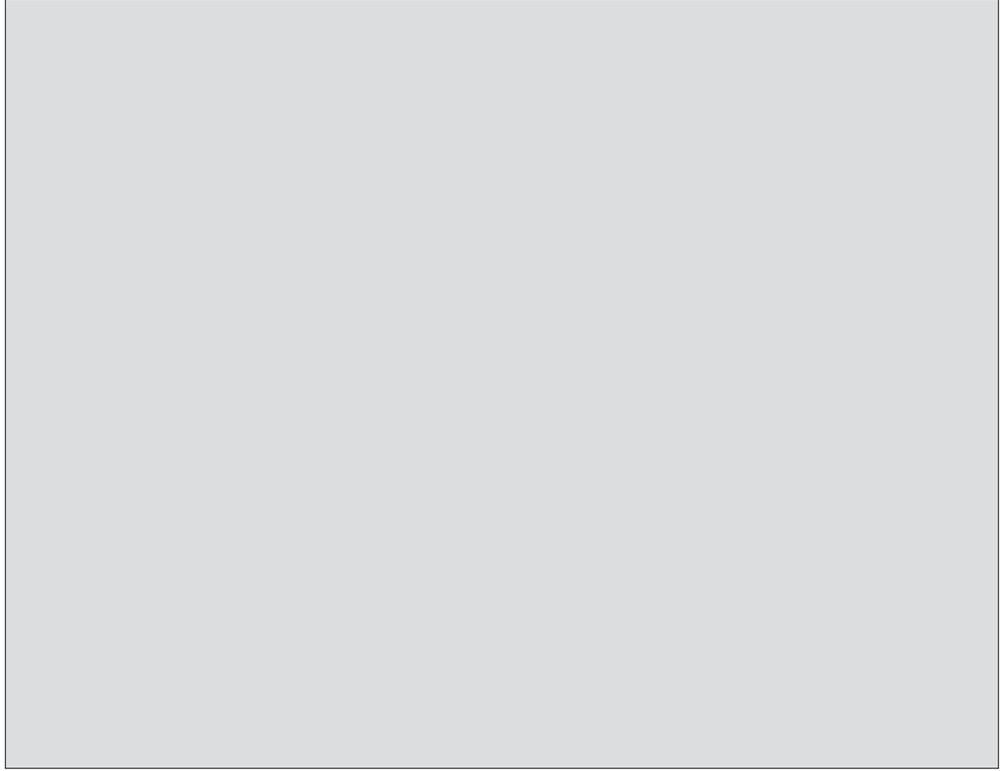
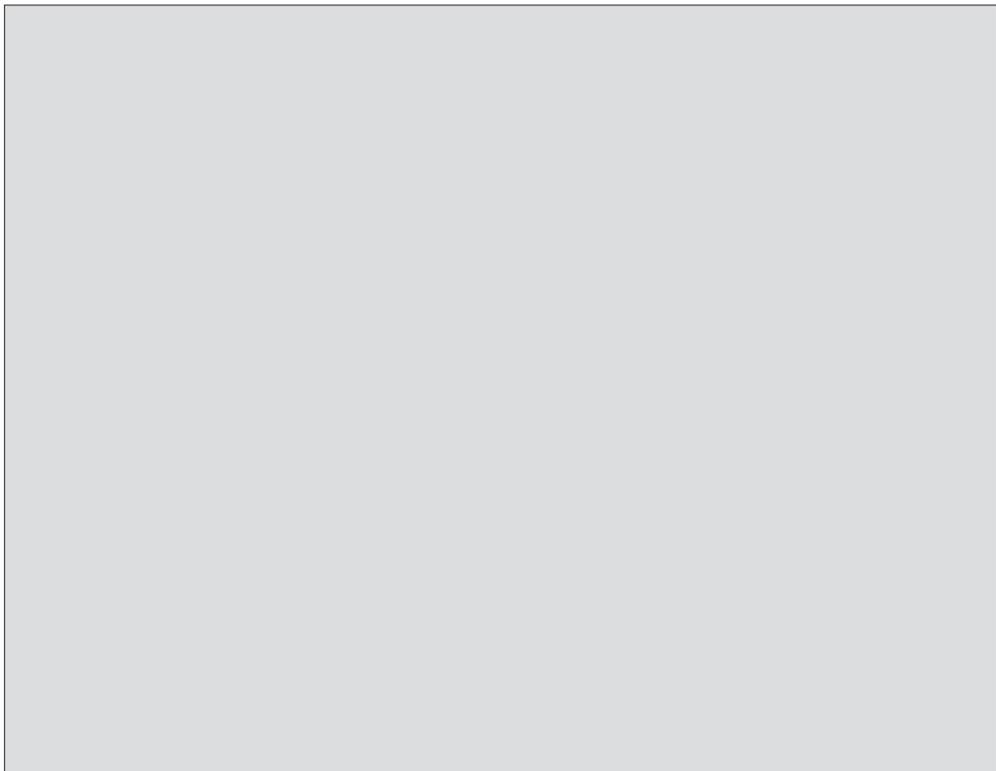
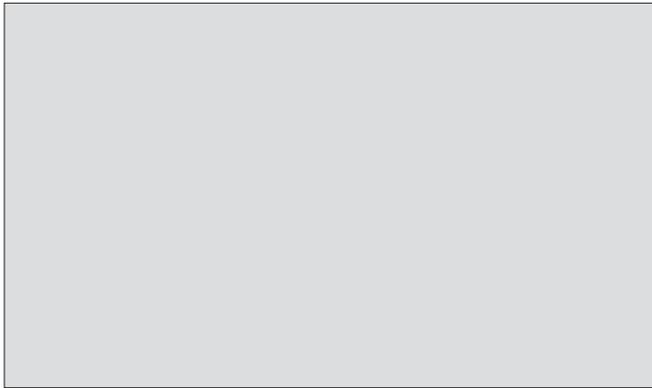
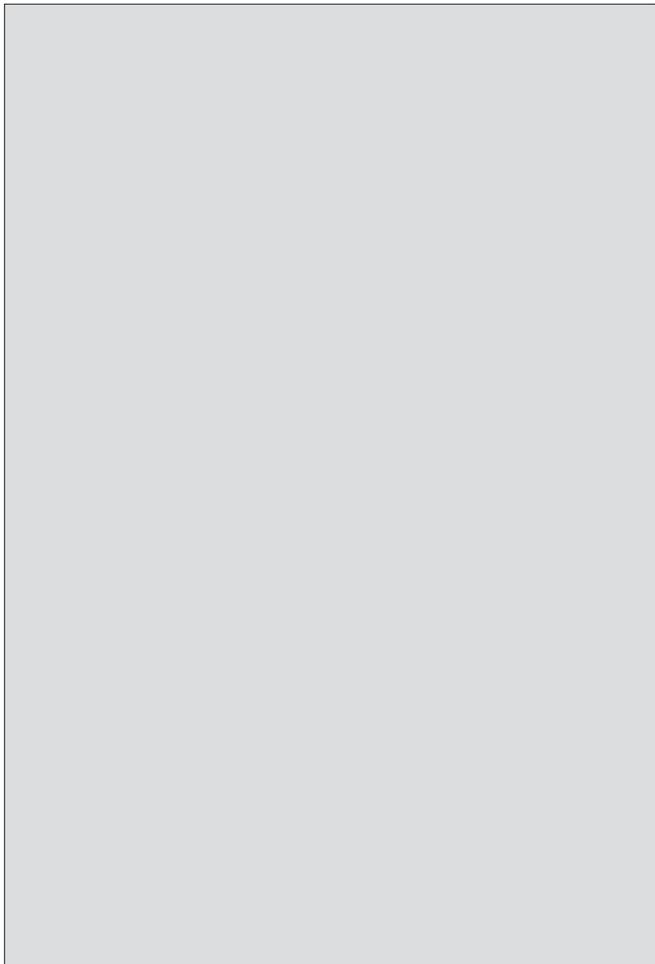
Right away I knew I would be taken care of. But that was just it; Sergeant Bright had a way of making everyone feel this way, whether you were from the same career family or not. He was not just your everyday NCO among NCOs. Sergeant Bright was the guy who took the NCO creed and raised it even higher.

And he was so humble; it seemed he didn't notice how helpful his approach was. Sergeant Bright was a silent leader. He was the kind of person you just observed and wished you could be.

In the brief year that I knew him, the thing that probably stood out more than anything was the pride he had for his family. He was what a father and a husband are meant to be, and he wore it on his chest and carried it with him to work. He treated everyone like his own family. He would never sacrifice his troops for his own benefit. No matter how tough a situation or task, he was right there with you guiding and mentoring you in order to get the mission accomplished.

On July 5, at the age of 36, Sergeant Bright died in Baghdad, Iraq, when an improvised explosive device detonated near his Humvee. I never did talk to him after he left Korea a couple of months before me in 2002. I do not know if he ever knew of the impact that he had on me, not only in my military career, but as a father and a husband as well.

As I move up in my career, as I watch my son Joe grow up into a man, I only hope that I can capture a piece of the charisma that I saw in Sergeant Bright. The truth is, I never thought of him as my boss. He was my friend. He was my brother.



Arts and Crafts 2005 Artist Contest winners

Each year, Tyndall's Arts and Crafts Center holds a competition for both artists and photographers. This week, the Gulf Defender is highlighting the first place winners for the 2005 Artist Contest. Listed below are the winner's names, category and the name of the winning entry.

Clockwise from right:

William Valle, Adult/Fine Art/At Home, "Memories of Time"

Senior Master Sgt. Ellen Adler, Adult/Multi-Crafts Pattern Art/At Home, "A Touch of Green"

Elijah Carr, Youth Under Age 10/Fine Art/At Home, "Myself"

Evan Girard, Youth Under Age 10/Multi-Crafts Pattern Art/At Home, "My Fish Tank"

Eileen Prohaski, Adult/Textile/At Home, "Patterns and Patches"

For more information on the Arts and Crafts Center and the contest, call 283-4511.

(Courtesy of the 325th Services Squadron)



Photos by Steve Wallace





Funshine NEWS



www.325thservices.com

☆ Log onto the NEW & IMPROVED Web site ☆

www.325thservices.com

Tyndall Youth Center
Ninth Annual
Fall Festival
283-4366

Oct. 21
6 p.m.
Games, food and lots of fun for the entire family!

SERVICES YP firstCommand

2005 Tyndall Youth
Basketball Registration
Tuesday - Nov. 15
ages 5-15
Call 283-4366 for info.

Free Movie Nites

Tonight at the Pizza Pub 8 p.m.
The Island
(Rated PG-13)
Lincoln is a resident of a seemingly utopian but contained facility in the 21st century. He hopes to be chosen to go to the last spot uncontaminated on earth.
Movies are subject to change.

Thursday at the E'Club 6 p.m.
Dukes of Hazzard
(Rated PG-13)
Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine running Uncle Jesse, try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg.

"Boo"-Lagio

Halloween costume party with monster buffet, karaoke and Texas Hold 'Em tournament at the E'Club All ranks.

Oct. 28
Starts at 7 p.m.

Texas Hold 'Em tournament
7 p.m. for members
Costume contest
9 p.m. for members

Halloween Scavenger Hunt

at the Community Center

Oct. 27
4 - 7 p.m.

Prizes: Four Disney World one day tickets.
Call 283-2495 for more info.

Candlelight Christmas Tour

at the Biltmore Estate

Dec. 10-12

Come do a little holiday shopping in Atlanta and get into the Christmas spirit at the Biltmore Estate.

\$310 per person, double occupancy
\$425 per person, single occupancy
Must register and pay in full by Oct. 25
For details call 283-2864

Laser Engraver

Choose from a large variety of gifts for retirement, birthday, anniversary or just because.
Call 283-4511 for more info.

LIVE MUSIC! The Berg-Liles Dining Facility presents the **HALLOWEEN SEMI-ANNUAL BIRTHDAY MEAL** **Oct. 26 starts at 5 p.m.**

Prizes!
Best Costume, Scariest Costume, Youngest and Oldest Airman

Call 283-2239 for more info.

STEAK AND LOBSTER!

TYNDALL SERVICES
Cavalier Support & Community Service

Attention Team Tyndall: Place a free classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129 Tyndall AFB, FL 32403, or faxed to (850) 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

Rank/Name _____

Unit/Office Symbol _____

Duty Phone _____

Home Phone _____

Item description (One ad per form)
(30 words or less)

We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your attention? Yes No

Do you feel there is a good mix of local, command and Air Force-level news? Yes No

Do the photos encourage you to read accompanied articles? Yes No

Is the Gulf Defender easy to read and follow? Yes No

What did you find most interesting in this week's paper? _____

If you could change one thing in the paper, what would it be? _____

Comments: _____

● FROM ABUSE PAGE 4

affairs, beatings, and rapes until he was jailed for the death of a 16-year-old boy after his involvement in a drunk-driving accident. My half-sister also confessed to my mother that she was abused by him.

When I returned to my father's house, I still struggled for his approval but I managed to finish high school and move on to college. Because he barely acknowledged me, I started cutting classes and going to bars, seeking attention elsewhere. He never asked where I was, why I never called or what was I doing. I simply existed in the same house.

Then I moved in with my first husband, who I was dating at the time, and together we moved to California. I didn't want to get married. I didn't love him, and didn't like the life of drugs, parties and alcohol that he and his friends lived. But, my father told me I couldn't come home. I wasn't welcome.

I had no where else to live but with my first husband. I had no job, no friends and no family. After trying the marriage for one year, I asked for a divorce.

While my marriage was ending, I met my second husband. "J" swept me off my feet – a knight with a tool belt in a beige truck. He filled my refrigerator and cabinets with food, cooked fancy meals for me, and paid my electric bill in the 110-degree summer when my fish were boiling in their tank because I couldn't afford to run the air conditioner.

Hindsight is always 20/20, and I see now that what I thought were generous gestures, were actually ways to make me indebted to him so that I would feel obligated to stay with him. The red flags were there, but I shut the door on the Amazon and wouldn't see the signs.

By the time I took off the rose colored glasses and saw "J" for who he was, we were married for 11 years. He had a personal history of drug and alcohol abuse. He would lose his temper, yell at me, threaten me and throw furniture at me. Worst of all, just like all the other abuse I received, I was told it was "my fault."

Again, I was told I was fat and ugly. However, I would wake up in the middle of the night sometimes with him taking advantage of me.

When I walked with him in public, he would walk ahead of me. It felt like it was another way of putting me in a submissive position. The only friends I had were his, and those he censored. At the time that I left him, we lived 48 miles away from the largest town, in a small community of less than 2,000 people. He told me what to wear, how to vote, and what music to listen to.

"J" thought I would never 'need' anyone else. But I learned that I didn't 'need' him. I woke up one morning and realized life was too short to spend it wishing I was dead so I left him. For six months after that, I slept with a handgun under my pillow because I was so afraid he would come after me, even when I moved to another state.

It took four years for me to feel like I have finally faced my fears and have self-control of my own life. There are days when I still struggle with self-doubts by questioning whether or not I am smart, fat, ugly or a good wife. So, I still occasionally pay the price for the emotional scars from my past, but my current husband and I are learning how to get through it together.

My 'story' isn't any worse than anyone else's, or any better. Change the names and gender, a few specifics here and there, and it could be anyone's story.

